Great Northern Virgo <13172> is a broadly adapted great northern bean variety ideally suited to Nebraska and Colorado production regions.

Virgo has shown significantly higher yield potential than traditional great northern beans, such as Marquis and Beryl. It’s upright architecture allowing for ease in direct harvest provides great flexibility for farmers come harvest time. In addition the Virgo’s architecture keeps the plant standing through potential rains as it matures which aids in retaining product quality.

Assuming a 321 lbs./AC yield advantage compared to Marquis. Growing Virgo will potentially increase your profit by $80/AC on $25/cwt. beans. This amounts to $8,000 on 100 acres and the added benefit of upright architecture.

Plant Variety Protection for GN Virgo <13172> is applied for. Unauthorized propagation of this variety is prohibited.

**TALL, HIGH POD SET, DIRECT HARVESTABLE**

- A flexible variety that performs well on a range of different soil types.
- Excellent upright architecture suitable for direct harvest.
- Matures 91-95 days or about 3 days later than Marquis.
- Approximate seed count is 1,264 sds./lb. compared to Marquis seed count of 1,473 sds./lb.
- It has shown resistance to prevalent strains of rust that currently affect the Nebraska and Colorado growing regions.

To purchase seed, contact your local Kelley Bean Co. representative.

www.kelleybean.com

All variety information presented herein is based on field and laboratory observations. Actual crop yield and quality are dependent upon many factors beyond our control. Since environmental conditions and local practices may affect variety characteristics and performance, we disclaim legal responsibility therefore. Read all tags and labels. They contain important conditions of sale, including limitations of warranties and remedies.
About the Bean Bag

The Bean Bag” is a regional publication for the dry bean industry targeted to growers and decision-makers involved in the production and sales of Nebraska-grown dry edible beans.

“The Bean Bag” is published four times a year: Winter, Spring, Summer, and Autumn editions by the Nebraska Dry Bean Growers Association, a nonprofit organization of dry edible bean growers in Nebraska.

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Address all editorial, advertising and mailing material to:

The Bean Bag
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Editor: Debi Fitts

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Spilling the Beans!

By Dan Hinman
NDBGA Board President

Bean harvest is rolling, the culmination of many adversities this season. I don't think I have talked with any producer that has not faced serious challenges this season. We at the NDBGA have been doing what we can to help. We have met with elected officials to make sure the specific concerns and challenges pertaining to bean growers were heard pertaining to the irrigation canal tunnel collapse. We have also been communicating to the leaders in the United States House and Senate, the urgency of passage of the US-Mexico-Canada trade agreement to dry bean growers. I hope the collective voice of the NDBGA has been helpful in making our voice heard in these important issues.

In the coming months, the University of Nebraska will be holding their Research Reporting and Planning session. They will be presenting the data collected from the various research projects conducted on dry beans, and proposing future research projects. The researchers would love to have you present to hear their results and to provide any input or concerns about future research. Dates and times of this session are included in this edition of The Bean Bag.

Great Northern Bean Stew

1 lb. ground beef
1 c. coarsely chopped onions
1 c. thinly sliced carrots
2 c. chopped cabbage
1 tbsp. brown sugar
1 (28 oz.) can whole tomatoes, undrained, cut up
1 lg. can Great Northern beans, undrained
1 c. water
1/2 tsp. paprika
1/2 tsp. dried thyme leaves
1/4-1/2 tsp. salt
1/2 tsp. pepper
1 tbsp. vinegar
1/4 tsp. hot red pepper sauce
1/3 c. chopped fresh parsley

In large saucepan or 4 quart Dutch oven, brown beef and onions; drain. Stir in all remaining ingredients; bring to a boil. Reduce heat; cover and simmer 15 minutes. 6 (1 cup) servings.
Debi’s Corner

What a year right? Too wet, too dry, no canal water and then hail. It’s enough to totally drag you down. Farming has always been a challenge and when you are a farmer you know you will face good years and bad years. Unfortunately this year was one of the worst.

So how do we keep going with rising costs and lower prices? As a farm wife and mother of a farmer I like to think my job is to try to stay as upbeat as possible. And to keep a positive outlook for a farming future. Sprinkle in a lot of prayer and keep looking forward.

I think one of the biggest things is to stay upbeat by always trying to find a good thing amongst the bad. Did someone stop and let you go into a long line of cars after a train? That’s a good thing. Did someone pay for your coffee ahead of you at a drive through? What a blessing! Did you see an old friend you hadn’t seen for awhile and had a great visit? Don’t forget to keep track of your “good” things during your rough days.

What else can you do? How about you be the good thing in someone else’s life? You could help them through their rough day!!

THE BEAN BAG

ADVERTISING RATES

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Nebraskans across the whole state certainly have experienced many difficult challenges throughout 2019.

Blizzards, heavy rains, flooding, not enough sunshine and the irrigation tunnel collapse in Wyoming have affected us personally this year and will most likely leave an impact on our farms and families. During the Thanksgiving and Christmas Seasons I hope everyone takes time to enjoy being with family and friends while looking forward to a new year.

During the last few months the Nebraska Department of Agriculture has been active in many areas. Our animal disease focus area responded to vesicular stomatitis infected horses in western Nebraska. We appreciate the producers that worked with us to report, follow quarantines and control the spread of this virus. African swine fever (ASF) continues to spread in other parts of the world, but thankfully not in South, Central or North America. In September, NDA participated in a four day USDA exercise with thirteen other states to further develop our preparedness and response plan for ASF. Each exercise is a learning experience for our team and the industry to develop plans for communications, stopping movements of livestock, containing diseases in a small geographical area, minimizing the impact to the producers and resuming livestock shipments for business continuation as quickly as possible. We appreciate the cooperation with our state and federal partners as well as Nebraska livestock producers and veterinarians during these exercises.

Our weights and measures team has a full work load throughout the whole year, but large scale inspections are especially important as we all approach fall grain harvest and numerous annual cattle sales. Our management and inspectors have used several tools to increase our efficiency in conducting timely and effective inspections. Hopefully, our efforts have a positive affect for our customers.

The Domestic Development and International Trade teams led by Assistant Director Amelia Breinig have been working hard to increase the value of agriculture within Nebraska and throughout the world. Farmers contracting with the Costco/Lincoln Premium Poultry project continue to build their production buildings and processing of chickens has begun at the Fremont facility. Livestock production is the largest sector of agricultural production in our great state. There are numerous reasons why Nebraska is a world leader in growing high quality meat and meat products. Too often farmers proposing building new or additional livestock facilities face stiff opposition during the zoning and county board approval process.

Many of the opposition state; “We are not against production agriculture, but…..” If successful in their efforts, the end result will be a stance against agriculture. Decisions stopping value added growth through livestock production is a decision against all of agriculture. It is a stance against increasing our property and income tax base, investment into our communities and surrounding areas and adding value to our grain. We need your strong support for farmers and ranchers seeking to grow and bring the next generation onto the family farms/ranches.

Our work to develop relationships with our international trading partners continues and September proved to be a fruitful month for our trade team. Governor Ricketts led a trade mission to Vietnam and Japan. From 2017-18, Nebraska’s beef exports to Vietnam grew 127%, and during the trade mission Governor Ricketts met with Prime Minister Nguyen Xuan Phuc about expanding those trade opportunities even further.

NDA also hosted several reverse trade missions in September – including visitors from Taiwan, Argentina and Vietnam – showcasing Nebraska agriculture to visitors from abroad. During this time, Taiwan signed Letters of Intent with Nebraska’s corn and soybean boards with an intent to purchase 197 million and up to 97 million bushels of corn and soybeans, respectively, from the United States. Throughout the rest of this fall, NDA will continue to leave footprints abroad with stops in the UK, Ghana, Mexico, Germany and Indonesia, among others.

NDA will continue to work for Nebraska’s producers in helping protect the health of our plants and animals – but also is seeking out opportunities to help sell Nebraska agricultural products.
Nebraska Dry Bean Growers Association (NDBGA) is offering a college scholarship opportunity for children and grandchildren of a NDBGA member.

These scholarships are for students pursuing a degree related to agriculture and are available for any college class level, as well as non-traditional students.

Applications must be received in the Nebraska Dry Bean Growers Association Office at: 4502 Avenue I, Suite 202 Scottsbluff, NE 69361, by mail, email or dropped off before 5:00 pm, January 3, 2020.

Date: _____________________________________________________________________________________________________
Name: ____________________________________________________________________________________________________
Address: __________________________________________________________________________________________________
Telephone: ________________________ Date of Birth: ________________________ Email: __________________________

Name and address of Parents or Grandparents:
____________________________________________________________________________________________________________

Name and Address of College/University attending or planning to attend:
___________________________________________________________________________________________________________

Course of Study: _____________________________________________________________________________________________
Expected Graduation date: ____________________________

Please type responses to the following questions on a separate piece of paper and keep each response to 200 words or less.

1. List your scholastic achievements (GPA, academic awards, scholarships, etc.) Include a copy of your current transcript and an up to date resume of your work history.
2. List offices held in high school or college, projects directed, athletic involvement, band, choir, FFA, student council, boys/girls state, etc.
3. Include community service, theatre groups, coaching and any other volunteer activities which have contributed to the betterment of your community.
4. Personal statement that addresses your experience with agriculture and future plans or career goals regarding agriculture.
5. Two letters of reference addressing your potential for success: one from a teacher, counselor or principal and another from a non family member.
6. Recent photo of yourself to be used in media if you are selected to receive one of the two scholarships.

**Scholarship winners will be contacted prior to February 8th and invited to attend the 2020 Bean Day, February 11th, at the Gering Civic Center. Please be prepared to give a short acceptance speech.

**By signing this application you agree that Nebraska Dry Bean Growers Association may use your name and photo in media announcements and their Spring 2020 edition of “The Bean Bag”.

SIGNATURE: ____________________________________________________________________________________________
In the early morning hours of July 17, 2019…….

Tunnel #2 in the Gering Fort Laramie Canal near Fort Lingle, Wyoming collapsed, resulting in a large breach of the canal slightly upstream from the nearly half mile long tunnel. After a century of carrying critical irrigation water from the mountain runoff to hundreds of thousands of acres below, it was nothing even the best expert could have predicted would happen. As a result of the tunnel collapse, over 100,000 acres of crops were suddenly without water during the most critical time in the growing season. Because of the late spring and the planting delays many producers in our region endured, the majority of the acres of crops had not yet received much, if any, irrigation water. The farmland serviced by the Gering Fort Laramie and Goshen Irrigation Districts suddenly and unintentionally became dry-land acres.

Repairs to the washed out canal nearly immediately commenced, with dozens of crew members and multiple pieces of heavy equipment making an effort to restore our lifeline. Engineers, geologists, State and Federal officials, contractors, and those responsible for the Canal system were on site surveying the damage and planning repairs to the Tunnel. Disaster declarations were declared in both Wyoming and Nebraska, opening up the opportunity for funding the restoration project.

On our third generation farm in Gering Valley, located in the Panhandle of Nebraska, we are surrounded by natural beauty. We have a near bird’s eye view of the Scotts Bluff National Monument, Wildcat Hills, and Bead Mountain. Creatively and ingeniously, engineers from decades past managed to brainstorm the canal system that would feed thirsty crops for many generations of the future. The Gering Fort Laramie canal winds through the terrain just to the south of our farm. There are many diversions, smaller canals, spillways, and drain ditches scattered throughout the system to manage the flow of water when the canal is carrying its maximum capacity during the peak irrigation season.

A major spillway, designed to carry the release of irrigation water from the main canal, separates the west edge of our farm from that of our neighbor’s. For decades, this spillway has been an integral part of the irrigation water system that feeds hundreds of thousands of acres of farmland. A trip down the spillway road has long been a place of solitude for me. The water flows rapidly through the rocks and concrete drops, producing a roar similar to that of ocean waves crashing. It’s a peaceful place for a run, with many awesome views of natural beauty around us. My trip down the spillway road the day after the collapse of the tunnel was accompanied with many emotions as I recognized the eerie low water levels, with the bottom rocks visible through the little remaining water that still flowed.

In the days that followed the devastating news, I struggled to fight back tears as I watched my husband and sons, along with many desperate neighbors, race around the clock fighting to feed irrigated crops every last drop of water available. With the catastrophic failure of decades old infrastructure in the system nearly 100 miles to the west of us, it would only be a matter of days until our acres, and those of our neighbors and friends, were without irrigation water indefinitely.

By mid-afternoon on Friday, July 19, 2019, the last drops of water filtered through our irrigation systems. Our investment and livelihood was now at the mercy of Mother Nature. Unlike a hailstorm, where the damage is immediately visible when the sky clears, we prepared ourselves to witness our crops disintegrate over the next several days to weeks.  

..Cont’d on page 8
In the weeks that followed, we desperately, stressfully, and tearfully prayed for rain. We rejoiced when the skies filled with clouds and clasped our hands in prayer, optimistic we would be rewarded with rainfall. Many storm clouds passed, absent any measurable amount of rain falling on our thirsty acres. Surprisingly, the crops began to root down and reach deep enough to find moisture to sustain the harsh growing conditions.

Even with the daytime temperatures consistently in the upper 90s and routine winds customary to our area, the beans bloomed and set pods, as the dry earth and stressed plants continued to yearn for moisture. We caught a couple small rain showers, which must have been just enough for the struggling plants to survive. The bean plants maintained a relatively healthy green color. The pods that set have not filled entirely with beans. Many pods are empty, or have a single bean. Of those beans, the stress of the growing conditions is obviously visible, with poor seed coat or cracked and small beans.

Media outlets began to report that there was a possibility crop losses would not be covered by our Federal Crop Insurance Program. Suddenly, the situation became even more desperate. Now, instead of praying only for rain, we focused our efforts on urging those of authority to define this as an insurable event. As the days passed, each one without water, the outlook became more uncertain. Without insurance, we would have no recovery of the thousands of dollars invested in fertilizer, chemical, equipment cost, seed, and man hours. Without insurance payments, many farmers would potentially be bankrupt. Without some recovery for the producers, our local economy would be devastated. Many industries and businesses in our small communities survive on contributions from the agricultural sector. State officials immediately began to urge Federal officials to determine the collapse of the tunnel and the earth above it was the result of an “Act of God”.

On August 23, 2019, US Secretary of Agriculture Sonny Perdue and the Risk Management Agency determined the collapse of the irrigation tunnel was an insurable event. We rejoiced with this news and recognized it was a small victory for not just the area’s agricultural producers, but our entire community. While the insurance payments to producers will aid in recovery, the damages of this disaster will stretch beyond the fall harvest season.

We do have insurance protection, but it’s never as profitable as a harvested crop. Our guaranteed bushel per acre payment is 75% of our average yield. Additionally, the rate at which the insurance pays is less than the market value of the crop. With these factors, we estimate that insurance will guarantee us about 65% of our anticipated gross revenue. Other producers are insured at varying rates; some producers have no insurance.

We recognize our personal situation could be worse. Many producers in our area are struggling and have endured more harsh weather and economic conditions in recent years than we have. But, nonetheless, it’s still a very difficult situation for all who are affected.

In our community, we have seen widespread damage to crops. After the termination of the irrigation water early in the season, we anticipated reduced yields as a result. What we didn’t expect, though, was that the majority of the remainder of our acres serviced under an alternative irrigation ditch would sustain significant hail damage in a mid-August storm.

A few days after that hail storm, our area received another weather event with nearly three inches of rain in a matter of minutes, accompanied by 90 mile per hour winds and some small hail. This storm left the already stressed crops in a state of despair and expanded the area...
During the absence of water, our eleven year old son, Dawson, routinely drove up to the empty canal for status checks. Initially his trips were primarily for a ride on his dirt bike.

Each time he would return with the news the canal was, not surprisingly, still empty. More recently, though, as he watched the acres of crops deteriorate, his trips were intentional and more frequent, fervently waiting and wishing for the return of water, our lifeline. On Monday, September 2, he went for a dirt bike ride. Just when I began to wonder what was taking so long for him to return, I started to receive a series of pictures by text that sent my heart skipping a beat. After 45 days of emotional painful agony, water began to slowly fill the canal that was previously vacated during the most critical time of our growing season.

Because this devastating event is something I hope that neither my children nor I will ever have to witness again in our lifetime, we excitedly drove the canal road for several miles to get ahead of the returning water. Even though the canal has filled routinely each spring for nearly a century, the return of the water this September was a monumental achievement for those committed to the project and a welcome relief for the area’s producers.

During those 45 days that the canal sat empty, many people worked tirelessly and selflessly under extremely stressful conditions to make temporary and monumental repairs to our irrigation systems. Many people devoted long hours in heavy equipment repairing the large section where the canal breach occurred. Construction crews labored around the clock excavating debris and lining the interior walls of the tunnel with steel ribbing to support the aged concrete structure.

Current temporary repairs will allow approximately 85% of the original capacity to flow through the canal system. A more permanent repair solution is still being explored by officials and management of the canal system.

We were able to resume water delivery to some of our acres, after 47 days of drought. We are currently allowed to use 70% of our normal allotted water rate. The beans have matured and any additional moisture will encourage disease on the already stressed and fragile crop. There has been some significant additional plant damage as a result of the recent weather systems. As such, we are unable to filter water through the gravity irrigation systems we use on many of the acres. A few pivots can be turned on, mostly just with the intent to restore the groundwater.

While we have resigned ourselves to a miserably disappointing harvest ahead, we have to express our gratitude for the restoration of water to the Gering Fort Laramie Canal. A heartfelt thank you from our farm to Gering Fort Laramie Irrigation, Goshen Irrigation, numerous contractors, State and Federal officials, and anyone else who committed resources or advocated for the restoration of the system. We want to express a “thank you” to those in our community, our friends and family, who have not only exhibited acts of financial generosity, but have offered prayers. And, cried with us, too.

So, today, the tears flow. But, so does the water. And for that we are grateful.
Nebraska Panhandle farm pictures after the devastating hail storm on August 21st, 2019

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A New Bacterial Wilt Color Variant

Robert M. Harveson
Extension Plant Pathologist
University of Nebraska
Panhandle REC, Scottsbluff

Introduction

Bacterial wilt of dry beans, caused by Curtobacterium flaccumfaciens pv. flaccumfaciens (Cff), has historically posed sporadic but often serious production problems in dry beans throughout the irrigated High Plains since its first report from South Dakota in 1922. In the early 1980s, the disease mysteriously disappeared, appearing only periodically on cull seeds at the processing plants, but with little economic damage.

Suddenly, in late August 2003 before harvest, we found the disease again in two great northern dry bean fields in Scotts Bluff County in western Nebraska. I took dozens of pictures assuming that I would never see it again. However, between 2004 and 2007 the pathogen was additionally identified from hundreds of fields from the central high plains causing severe, measurable yield reductions. Bacterial wilt is now considered an endemic, widely distributed malady in this region and has been documented from well over 500 dry bean fields since 2004.

Recent molecular characterization studies concerning the genetic relationships among large collections of isolates from different locations, have shown high degrees of genetic variability. These differences are perhaps best and most obviously demonstrated by the pathogen’s natural tendency to produce different colored colonies growing in culture.

Pathogen Color Variants

Colonies of the original isolates from South Dakota and subsequently other areas of the mid-western U.S. were all yellow in color. However, in 1952, orange-stained seeds were first noted from about 30% of cull samples collected from processing plants after harvest as part of a bacterial disease survey conducted in western Nebraska by Max Schuster (UNL plant pathologist). These discolored seeds subsequently yielded an orange-colored bacterium in culture.

The orange strains could not be distinguished morphologically from the original yellow strains other than by colony color, and this feature remained stable through multiple transfers and inoculations. Schuster also observed that the tested orange strains were much more virulent than the yellow ones, and the incidence of this variant continued to increase throughout the 1950s and into the 1960s. Schuster designated this “strain” as Corynebacterium flaccumfaciens var. auranticum (orange-colored).

It was not until 1967-1968 that another color variant of the pathogen was identified from western Nebraska and reported by Schuster and Anne Vidaver. Infected great northern beans from cull samples after harvest were stained a purple color and the new pathogen was named C. flaccumfaciens var. violaceae (violet-colored). (The generic name “Corynebacterium” was later divided into two main groups with the dry bean pathogens now being designated as “Curtobacterium”).

The purple variants of Cff are actually quite different from the orange and yellow ones. They are less virulent and maintain a yellow color in culture, but they also produce a purple to blue, water-soluble pigment that diffuses into growth media and stains seeds within infected plants. The purple variant is very rare in incidence, and has only been reported once outside of the western Nebraska Panhandle.

Following the 2007 growing season, we recovered a pink bacterial isolate, closely resembling the wilt pathogen, from seeds originating from research plots at the Scottsbluff Ag Lab, northwest of Scottsbluff. The bacterium’s identity was confirmed as Cff based on morphological, physiological and pathological laboratory tests. The pink strain was highly virulent on dry beans, producing virtually identical symptoms when compared to a standard known virulent orange isolate after inoculation. This unique trait is very stable, retaining its P-D-Bismol-colored colonies and virulence after multiple culture transfers.

Great northern bean seeds collected from wilt-infected plants. Seeds are discolored due to the different color variants. Reading clockwise from top – yellow, healthy, orange, and purple. The inset is a seed from the pink variant.

Cont’d on page 14
Why is Nebraska’s Panhandle the Hotbed for These Variants?

It is interesting to me to note that 3 of the initial 4 variants were first identified from western Nebraska, but the orange and purple strains have now been reported from other locations. To my knowledge, the pink isolate has still never been documented from anywhere else in the world, and it coincidentally emerged in the same general area of Nebraska (northwest Scotts Bluff County) where the original orange and purple variants were first found in 1952 and 1967, respectively. Since 2014, additional pink isolates have been recovered from pink-stained dry bean seeds - once again from field plots on the Scottsbluff Ag Lab research farm.

A New Variant

In 2016, a research group in Iran reported the finding of a red-colored Cff isolate, the first and only account to date of this trait. It is also the first new color variant discovered that did not originate in western Nebraska. All of these colored strains are now considered to be different forms of the same organism, and therefore are all given the name Curtobacterium flaccumfaciens. The discovery of a fifth color variant, combined with ongoing reports on the highly variable genetic characteristics among Cff isolates further demonstrate the remarkable diversity of this important bacterial pathogen.

Robert M. Harveson
Extension Plant Pathologist
University of Nebraska
Panhandle REC, Scottsbluff

Bob’s Favorite Recipe for Pasta
Fagioli (pasta and beans)

As autumn arrives and winter approaches, I tend to crave soups and stews cooked on weekends as a method for warming up in the colder temperatures. These are foods that I also believe become better as leftovers the following week after flavors of ingredients have combined and blended after several days in the refrigerator (if there is any leftovers). This recipe is one I have recently developed that is based on Olive Garden’s version, and it is my favorite soup cooked with beans. It also contains two of my favorite foods (pasta and beans). Some recipes put the pasta into the soup while simmering, but I prefer to cook it separately and add desired quantities into individual bowls of soup to avoid pasta becoming mushy and soaking up liquid.

Ingredients:

1 - 1.5 lbs. ground beef
Macaroni, bow-tie, or small shell pasta cooked separately
1 can (14-16 oz) diced or crushed tomatoes
24 oz of jarred or canned spaghetti sauce
2 - 3 cans (14-16 oz) of beans, undrained (I use both great northern and kidney)
16 - 24 oz of chicken broth or bullion
3 - 4 TB olive oil
2 - 3 carrots, sliced
½ to ¾ of large onion, chopped
1 stalk of celery, chopped
2 tsp salt
1 tsp pepper
½ TB oregano
½ TB basil
½ TB Italian seasoning (optional)

Directions:

Brown ground beef and drain off fat
Sauté vegetables in olive oil in a separate pot until they become soft
Add cooked ground beef and spices. Cook slowly another 5 minutes to blend
Add beans and liquid ingredients – spaghetti sauce, chicken broth, and tomatoes
Bring to a boil, reduce heat to low, and simmer for several hours (2-3) stirring occasionally to avoid sticking on bottom of pot. May need to add additional water on chicken broth

After reaching desired consistency, add cooked pasta to individual bowls as desired.
Shanna Halstead, Executive Director of the Scotts Bluff County Volunteer Center is quick to say that the success of the center is due to the hard working volunteers that work tirelessly to deliver over 100 meals for Meals-on-Wheels daily. Besides Meals-On-Wheels, the Volunteer program includes Shopping for Seniors, Home Delivered Commodities, Thanksgiving in the Valley and the Snow Angels Program.

The Center opened over 30 years ago and is where Shanna herself started as a volunteer, becoming the center director two years ago. The meals are cooked by Regional West Medical Center with Lori Miller in charge and are picked up for delivery by over 100 volunteers. These volunteers make a big difference for individuals by not only bringing them nutritious food, but by becoming friends and being someone who checks in on them when delivering food.

Thank you to Shanna and all your volunteers for a job well done!!

# OF PROGRAM RECIPIENTS (YEAR TO DATE)

Meals-on-Wheels - 144
Shopping for Seniors - 113
Home Delivered Commodities - 35

SCOTTS BLUFF COUNTY VOLUNTEER CENTER BOARD OF DIRECTORS

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The Volunteer Center’s mission is to coordinate and promote activities that can be performed by community volunteers. They are committed to caring for those in need through their many programs. If you would like to serve as a volunteer or donate, you can contact Shanna at (308) 632-3736 or email at scbvolcenter@yahoo.com. Check them out on Facebook too!

Calico Beans

**Ingredients:**

- 1 pound ground beef –lean
- 1/3 cup packed brown sugar
- One medium onion, chopped
- 1/4 tsp cayenne pepper
- 4 oz bacon, chopped
- salt and black pepper to taste
- 1 15 oz can kidney beans
- 1 15 oz can navy beans, drained
- 1 16 oz can pork and beans
- 1/2 cup ketchup
- 2 tsp white vinegar
- 1 Tbsp. dry mustard

Preheat oven to 350 degrees.

In a large skillet over medium heat, brown hamburger and onion until meat is no longer pink. Drain fat.

Fry bacon until crisp. Drain fat.

Combine ketchup with vinegar, dry mustard, brown sugar, and seasonings. Mix until smooth. Combine sauce with the beans. Mix carefully to not mash beans.

Add beef and bacon to beans. Taste and adjust seasonings as needed.

Pour the bean and meat mixture into pan. Bake in preheated oven for 30 to 40 minutes covered. Uncover and bake an additional 15-20 minutes or until hot and bubbly.

Notes: It is ok to substitute ground turkey for the ground beef and turkey bacon for the bacon. Feel free to experiment with different types of beans or use whatever you have in your cupboard.

Claudia Mendoza (left) and Beverly Tower (right) from Regional West Health Services Food and Nutrition.

We at the Dry Bean Growers Association are happy to see Calico Beans on their menu along with several other great bean servings!
A recent study into how pinto beans help lower cholesterol was a collaborative effort among several departments at the University of Nebraska-Lincoln that spanned the state from west to east.

Results of the study are reported in the June issue of the Journal of Nutrition (JN), a publication of the American Society for Nutrition. JN has drawn attention to the journal article by featuring it in a news release distributed universally on the World Wide Web.

The research was completed as an ongoing collaborative effort between Schlegel, an Associate Professor in the UNL Department of Food Science and Technology; Dr. Carlos Urrea, dry edible bean breeding specialist at UNL’s Panhandle Research Extension Center; and their graduate students and staff.

Pinto beans, according to Schlegel, are a high fat saturated fat diet supplement with pinto bean hulls. Plasma, liver, intestinal, and fecal samples were collected to evaluate multiple cholesterol markers and gene targets.

(Hasmers share similarities in cholesterol with humans, suggesting that pintos would use the same cholesterol-lowering mechanisms in humans.)

The plasma non-high-density lipoprotein concentration was significantly reduced in the whole pinto bean group and those fed pinto bean hulls by 31.9% and 53.6%, respectively, compared to hasmers fed diets high in saturated fats. Analyses of mechanistic pathways indicated that bioactive components present in pinto beans downregulated genes associated with cholesterol synthesis by the liver and cholesterol absorption by the small intestine.

Another important cholesterol regulatory pathway, excretion of cholesterol via feces, was also reduced in hasmers fed diets supplemented with pinto beans.

The results of this study provide additional support for pinto beans as an effective cholesterol-lowering agent. Another noteworthy finding was the cholesterol-lowering effect of pinto beans is partially exerted by hulls. Pinto beans can easily be incorporated into the everyday diet for the prevention of elevated cholesterol or for use as an adjunct therapy for those with existing hypercholesterolemia.

The original article (written by Schlegel and co-authors) describing the research can be viewed on the Journal of Nutrition website at: (https://academic.oup.com/jn/article/149/6/996/5475991)

The news release about the article can be found at: https://files.constantcontact.com/d133df39001/f360bd9f-9d71-48e8-a9d0-338b740fe035.pdf
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VEGETARIAN CHILI

2 cups kidney beans  1 cup tomato juice
2 cups pinto beans  1 8 oz can tomato sauce
1 lg chopped onion  3 TB chili powder
1 lg chopped green  1 4 oz can green chilies
pepper  3/4 tsp cumin
1 lg chopped carrot  3/4 tsp oregano
1 tsp garlic powder  1/2 tsp cinnamon
2 1/2 cups boiling water  1 bay leaf
1 beef bouillon cube  1/8 tsp hot sauce

Put beans in large kettle, barely cover with water and bring to a boil. Mix boiling water with bouillon, add to beans with rest of ingredients. Simmer uncovered 45 minutes. Top each serving with 3 TB shredded cheddar cheese and yogurt if desired. Serves 6

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Short-Term Stress-Relief Strategies You Can Do Anywhere

Whether you're about to be interviewed for a job or you're feeling overwhelmed by your child's behavior at the playground, it's important to have some stress tools that can lower your stress right now:

Try Guided Imagery
Guided imagery is like taking a short vacation in your mind. It can involve imaging yourself being in your "happy place"—maybe picturing yourself sitting on a beach, listening to the waves, smelling the ocean, and feeling the warm sand underneath you. Guided imagery can be done with a recording where you listen to someone walk you through a peaceful scene. Or, once you know how to do it yourself, you can practice guided imagery on your own. Simply close your eyes for a minute and walk yourself through a peaceful scene. Think about all the sensory experiences you'd engage in and allow yourself to feel as though you're really there. After a few minutes, open your eyes and return to the present moment.

Meditate
Meditation brings short-term stress relief as well as lasting stress management benefits. There are many different forms of meditation to try—each one is unique and brings its own appeal. You might develop a mantra that you repeat in your mind as you take slow deep breaths. Or, you might take a few minutes to practice mindfulness, which involves being in the moment. Simply pay attention to what you see, hear, taste, touch, and smell.

Practice Progressive Muscle Relaxation
Progressive muscle relaxation involves relaxing all the muscles in your body, group by group. To practice, you can start with a few deep breaths. Then, practice tightening and relaxing each muscle group, starting with your forehead and moving down to your toes. With practice, you'll learn to recognize tension and tightness in your muscles and you'll be able to relax more easily. Each time you practice, however, you should experience a feeling of relaxation sweeping through your body.

Focus on Breathing
Just focusing on your breath or changing the way you breathe can make a big difference to your overall stress level. Breathing techniques can calm your body and your brain in just a few minutes. The best news is, no one around you will even know you're doing them. So whether you're in a stressful meeting or you're sitting in a crowded theater, breathing exercises could be key to reducing your stress. While there are many different breathing exercises, like karate breathing, a few simple ones include: Breathe in through your nose and watch your belly fill with air. Count slowly to three as you inhale. Hold for one second and then slowly breathe out through your nose as you count to three again. Breathe in through your nose and imagine that you're inhaling peaceful, calm air. Imagine that air spreading throughout your body. As you exhale, imagine that you're breathing out stress and tension.

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Health Benefits of Beans… The US Dry Bean Council

Unlike meat-based proteins, beans are naturally low in fat, are free of saturated fat and trans-fat, and are a cholesterol-free source of protein.

Beans for a Healthy Heart

Unlike meat-based proteins, beans are naturally low in fat, are free of saturated fat and trans-fat, and are a cholesterol-free source of protein. Research shows that a diet including beans may reduce your risk of heart disease.

Beans for Blood Sugar Management

Beans boast a low glycemic index and contain complex carbohydrates, which are digested slowly. These facts make beans a good choice for people needing to keep their blood sugar in the normal range.

Beans for Energy and Vitality

A nutrient-rich food, beans contain protein, complex carbohydrates, fiber, antioxidants, and important vitamins and minerals, such as folate, manganese, potassium, iron, phosphorous, copper and magnesium. The lean protein in beans helps maintain and promote muscle while beans’ complex carbohydrates provide a sustained energy source.

Beans for Pregnancy and Healthy Babies

Folate, a vitamin very important for pregnant women and their unborn babies, is found in beans. During pregnancy, women need more folate. Expectant mothers who consume enough of the right nutrients can help reduce the risk of birth defects.

Dietary Guidelines:

Beans contain the nutrients and benefits found in both vegetable and non-meat protein sources.

Dry beans and other legumes are some of the most widely available, inexpensive and nutritionally complete staple foods. In the Dietary Guidelines for Americans 2010, scientists recommend that adults consume three cups of beans per week to promote health and reduce the risk of chronic diseases.

As both a vegetable and a non-meat protein source, beans contain nutrients found in both food groups. They are also a nutrient-rich source of complex carbohydrates and contain dietary fiber, proven to reduce the risk of heart disease and some cancers and to aid in weight maintenance.

Dietary Guidelines, Dietary Guidance Messages and Government-approved Health Claims

I / The Dietary Guidelines for Americans has been published jointly every 5 years since 1980 by the Department of Health and Human Services (HHS) and the Department of Agriculture (USDA). The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases. They serve as the basis for Federal food and nutrition education programs (see www.hhs.gov). Legumes are specifically mentioned in the chapter FOOD GROUPS TO ENCOURAGE:

Key Recommendations

1. Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 21/2 cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.

2. Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.

3. Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.

4. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

II / Dietary guidance messages are part of an effort by the FDA’s Consumer Health Information for Better Nutrition Initiative (CHIBNI) to encourage good nutrition among consumers in multiple ways, including promoting and enhancing dietary guidance messages on food labels. Dietary guidance messages are an opportunity to communicate with consumers and remind them about important health and nutrition information. DGM’s draw a general relationship between individual foods or entire food groups and health, though no particular component in the food or foods is highlighted. Beans are included in the only two existing DGM’s:

– Diets including beans may reduce your risk of heart disease and certain cancers.

– Diets rich in fruits and vegetables may reduce the risk of some types of cancers and other chronic diseases.

Information provided by: The USDBC represents global trade interests of the U.S. dry bean industry, promoting international market development and providing information to consumers, health professionals, buyers, suppliers and the media around the world about the good taste, nutritional value and versatility of beans.
LITTLE WILD BEAN EATER

Little Wild Bean Eater and his dad were working in the house one morning trying to catch up on reading the mail. Mom was out buying groceries and running errands. Bean Eater walked over to dad and asked where the container of beans mom always kept were. “It’s in the pantry”, dad hollered out from the kitchen.

Dad was still busy with the mail when Bean Eater walked up to him and said, “some of those beans are pretty big dad”. “Yes”, said dad, “they are nice beans this year.” “Too big to fit into my nose”, said Bean Eater. “I would think so”, said dad.

Suddenly dad looked up at Bean Eater and said, “what do you mean too big to fit into your nose?” “Why would you put those in your nose?” “I didn’t” said Bean Eater, “they were too big.” “Ok,” said dad.

“But these weren’t” said Little Wild Bean Eater. Distractedly as he read mail dad looked down at the little hand place in front of his face. “What??” said dad. “These weren’t too big to fit into my nose”, said Bean Eater. Dad jumped up and looked into Bean Eater’s nose, which of course was too small and dark to see anything. “Did you put beans into your nose?” asked dad. “Yes”, he said, “just one”.

Dad grabbed a Kleenex and had Little Bean Eater blow real hard out one side of his nose. Nothing happened. So he had him blow out the other side of his nose even harder. Out popped a little white bean looking none the worse for the wear.

Dad sat down hard on his chair, thinking just how bad it could have been if he had not been able to get the bean out. It could have swelled up and been even harder to get out. If it wasn’t discovered in time it could have started to sprout and have required a doctor trip to get it out. “Whew” he said, “that was a close one.”

“Little Wild Bean Eater let’s have a talk about why we don’t put anything, and I mean ANYTHING, up our noses”, said dad. “Not beans, not corn, not rice, not marbles, not M & M’s, not anything, ok?” said dad. “Ok”, said Bean Eater. “Don’t put anything in my nose right dad?” he said. “So who puts these boogers in my nose?”

So after a short fit of laughter and a science lesson about noses, dad and Little Wild Bean Eater went down to the basement to lay down for a nice, long, cool nap until mom could get home.

How does mom ever get anything done he wondered....
Nebraska Dry Bean Commission (NDBC) hosted the second annual From Pod to Plate culinary workshop for Nebraska School Food Service managers on June 23-24, 2019 in Kearney, Nebraska at the Kearney High School.

In attendance at this year's culinary workshop were 36 school food service managers and staff from 18 central Nebraska school districts. NDBC was fortunate to welcome back Master Chef Tony Seta with the Culinary Institute of America (CIA) as instructor for the two-day workshop.

The two-day workshop included hands-on demonstrations of recipes incorporating dry edible beans into schools favorite recipes including steak burger sliders (50% beef, 25% pinto beans, 25% mushrooms), King Ranch Chicken and pinto bean casserole, BBQ Chicken and Black Beans served over Cheesy Mac & Bean & Cheese, Three bean chili (great northern, pinto and kidney beans) served with a cheesy cornbread waffle, socca (chick pea flour crepe) topped with roasted vegetables and pinto bean chimichurri and finally the group developed a recipe to incorporate great northern beans into ranch dressing, a real hit with the participants.

This year's event was held in conjunction with the Nebraska School Nutrition Association (NSNA) Annual Conference. Master Chef Tony Seta presented “New Food Trends in American, what are kids eating now” during the NSNA conference.

Other presenters during the two-day event were Dr. Janice Rueda, ADM, Dr. Kaustav Majumder University of Nebraska–Lincoln and Lynn Reuter, NDBC Executive Director.

Ranch Dressing (with Great Northern bean puree)

Yields 4 cups

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sour Cream</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>1 cup</td>
</tr>
<tr>
<td>Great Northern beans</td>
<td>1 cup</td>
</tr>
<tr>
<td>(pureed with ¼ of the buttermilk)</td>
<td>2 (1 oz. packets)</td>
</tr>
</tbody>
</table>

Method of Preparation

Puree the great northern beans with buttermilk in a food processor (puree must be very smooth). Add small amounts of buttermilk if needed. Whip the content of the ranch packets in a stainless-steel bowl with the buttermilk. Whip in the bean puree into the buttermilk/bean mixture until smooth. Blend in the remaining ingredients – blend until smooth. You can control the consistency by adding less buttermilk. Chill at least 2-3 hours before serving. Keep refrigerated in an airtight contain for up to 7 days.
Chairman’s Comments
By Brian Kaman

As summer comes to an end and fall brings about dry bean harvest, I want to commend ALL dry bean producers for their efforts this past growing season and recognize the many challenges which have faced producers this year. First, the cool wet spring which lead into a cooler than normal summer and then the #2 tunnel collapse on the Goshen/Ft. Laramie canal which ended the irrigation season on July 17th affecting over 100,000 total acres in Western Nebraska and Eastern Wyoming. Approximately 15,000 acres were dry edible beans in Western Nebraska. With the help from our Nebraska and Wyoming Governors, State Senators, Representatives and their staff in Washington, DC, western Nebraska business leaders, irrigation board members and directors, good news was received on August 23rd when the USDA RMA announced this event would be considered an insurable event. Many areas in Western Nebraska have experienced several hail storms which have affected producers overall production also.

Although 2019 did present numerous challenges to the dry bean industry there have also been opportunities for our industry. The 2nd Annual From Pod to Plate Culinary Workshop for school food service managers and staff was well attended, the Nebraska Dry Bean Commission has hosted two foreign bean buyer trade missions; US Dry Bean Council’s World-wide Reverse Trade Mission and USDA Foreign Ag Service Turkey bean buyers trade mission, which brought foreign bean buyers to Western Nebraska to learn about our industry first hand. I want to thank Justin Relka for taking time to share information about his farming practices with the Turkey bean buyer’s trade mission, Mark Buskirk and Wes Ullrich for allowing the group to experience dry bean harvest on their farms and Mike Zeiler, who showed how a Pickett cutter operated.

I would like to invite Nebraska dry bean producers to attend the NDBC’s Annual Research Reporting and Planning Session which will be held on December 12, 2019 from 11:00 AM to 4:00 PM at the Ogallala Holiday Inn Express. I encourage producers to learn about the University of Nebraska-Lincoln research faculty dry bean research project results and participate in the 2020 planning session to discuss areas where producers are experiencing challenges and would like the University to provide research projects.

I wish everyone a safe harvest season!
US Dry Bean Council—Nebraska Dry Bean Commission urge passage of USMCA

On July 22, 2019, the Nebraska Dry Bean Commission signed a letter sent by the US Dry Bean Council to Speaker Pelosi, Leader McConnell, Leader McCarthy and Leader Schumer, encouraging the members to quickly pass the United States-Mexico-Canada Agreement (USMCA).

“Each day without action on USMCA is another day of uncertainty for American farmers and our rural communities”.

Uncertainty in trade has had a major impact on U.S. agriculture. American farms have suffered from retaliatory tariffs, lost market share, and watched while America’s competitors are seen as more reliable trading partners.

Each year, U.S. food and ag industries export $20.5 billion in goods to Canada and $18.6 billion to Mexico. These dollars are what keep our farms and manufacturing facilities open. These dollars are the backbone of our rural communities supporting Main Street USA.

The USMCA builds on the success of NAFTA and modernizes and updates that agreement with important provisions that support U.S. agriculture, manufacturing, and services as well as drive American innovation and competitiveness. With both Mexico and Canada moving to implement the trade deal, it is time for the U.S. Congress to engage and adopt this agreement.

In 2018, Mexico was the third largest export market for Nebraska dry beans accounting for $2.44 million, Canada was the sixth largest export market accounting for $1.28 million. Passage of USMCA is important for Nebraska’s dry bean producers and processing companies.

On September 13, 2019, NDBC joined members of the US Dry Bean Council supporting a letter sent to Ambassador Robert Lighthizer, U.S. Trade Representative, urging a full and immediate ratification of USMCA.

NDBC will continue to encourage the full and immediate ratification of USMCA.

Foreign Bean Buyers visit Nebraska

The Nebraska Dry Bean Commission (NDBC) in conjunction with the US Dry Bean Council (USDBC), hosted 20 foreign bean buyers from 11 countries to visit Western Nebraska during dry bean harvest September 12-13, 2019. Dry bean importers from the Philippines, Korea, Japan, China, Thailand, United Kingdom, Dominican Republic, Mexico, Costa Rica, Columbia, and Mexico participated in the USDBC’s World-wide reverse trade mission.

Reverse trade mission participants started their tour of the US dry bean industry in the bean growing region of Michigan, traveled to Fargo, ND where they participated in a program at the Northern Crops Institute and then traveled to Western Nebraska to see dry bean harvest.

Reverse trade missions like this one are supported in-part by the USDBC’s use of Market Access Program (MAP) and Foreign Market Development (FMD) funded by the US Department of Agriculture.

USDBC’s Foreign representative start identifying potential participants for the reverse trade mission participants in early 2019, the USDBC’s International Promotions Committee (IPC) then reviews the proposed participants followed by the invitation to foreign participants.
**Nebraska Dry Bean Commission’s Annual Research Reporting and Planning Session**

**will be held**

**December 12, 2019 at the**

**Holiday Inn Express**

**206 Pony Express Lane**

**Ogallala, NE**

**11:00 –4:00 PM**

University of Nebraska research faculty will present reports on research projects funded by the Nebraska Dry Bean Commission during 2019 growing season. The projects UNL faculty will be reporting on include:

- Western Bean Cutworm monitoring network, determining the feasibility of a winter wheat/dry bean relay cropping system.
- Dry Bean variety trials, dry bean breeding program
- Nebraska On-Farm Research Network
- Carryover potential of reflex in corn, use of sequential applications of Outlook to extend suppression of late emerging weeds in dry beans
- Characterizing diseases of new pulse crops in Nebraska
- Dry bean variety test using subsurface drip irrigation
- Development of CRISPR-Cas 9 gene edited dry bean for non-GMO genetic modification
- Value-added utilization of great northern beans
- Nitrogen management for dry bean production

Nebraska Dry Bean Commission would like to encourage dry bean producers to attend this reporting and planning session to discuss areas of concern which dry bean producers would like to see UNL research projects for the 2020 growing season. Investment of check-off dollars is an important function for the Nebraska Dry Bean Commission.

**Lunch will be provided. Please RSVP to Nebraska Dry Bean Commission by December 1st.**

**E-mail: Dryediblebeans@nebraska.gov or by calling 308-632-1258.**
PLEASE HELP!

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If you raise beans, are a land owner or a bean processor and want to receive the Bean Bag, please contact us and we will get you added to the list.

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Thank you!

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